



Air Fryer Carrots



Learn to make perfect air fryer carrots; crispy on the outside and tender inside. Ready in less than 15 minutes, they work with standard and baby carrots. **Watch the video below to see how I make it in my kitchen!**

Course Appetizer

Cuisine American

Prep Time 1 minute

Cook Time 15 minutes

Total Time 16 minutes

Servings 4 servings

Calories 92kcal

Author Arman Liew

Ingredients

- 4 large carrots cut into match sticks
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Instructions

1. Add the carrots, olive oil, salt, and pepper into a mixing bowl and mix until combined.
2. Add the seasoned carrots to an air fryer basket and air fry at 180C/350F for 15 minutes, shaking halfway through.
3. Remove the carrots from the air fryer and repeat the process until all the carrots are cooked.

Notes

TO STORE: Put the leftovers in an airtight container and store them in the refrigerator for up to 4 days.

TO FREEZE: Place leftovers in a shallow container and store them in the freezer for up to 6 months.

TO REHEAT: You can reheat them in the microwave, air fryer, or skillet.

Nutrition

Serving: 1serving | Calories: 92kcal | Carbohydrates: 7g | Protein: 1g | Fat: 7g | Sodium: 341mg | Potassium: 234mg | Fiber: 2g | Vitamin A: 12030IU | Vitamin C: 4mg | Calcium: 25mg | Iron: 0.3mg | NET CARBS: 5g

